

POST CRITICAL INCIDENT SEMINAR (PCIS) XXI

July 16-19, 2023

PARTICIPANT COMMENTS

What have you gained from this training?

- "That I am not alone. Never be ashamed to ask for help and to push for wellness."
- "Resources and tools for every aspect of life."
- "Helpful techniques to be more resilient; more present to my loved one's needs. Also gained information to help take care of myself."
- "The knowledge that I am not alone, and that we all go through trauma"
- "Different perspectives, better coping skills."
- "Better understanding of how my hero processes trauma. Tips to give space and safety"
- "More coping skills."
- "I learned a lot of knowledge of coping methods and how to express."
- "Peer support from multiple different staff and participants."
- "Knowing it's ok to not be ok."
- "I gained several skills and techniques to help myself and my partner in certain situations."
- "The ability to understand why my husband does what he does. New friendships and support system."
- Connections, re-connections, resources and usable tools to assist with well-being and mindfulness.
- "Resources and support."
- "Skills to better communicate. First EMDR."
- "Comfort, calm, unconditional support. I now have a better understanding of why I feel how I am feeling."
- "I realized I need to work on me."
- "Resources, coping mechanisms."
- "I gained the ability to forgive myself."
- "Coping techniques, communication strategies, and knowledge about how/why trauma affects us."
- "A better understanding of how to deal with my bad calls/situations."
- "It is ok not to be ok, various coping mechanisms."